CHAPTER **6**

Contemporary Curriculum and Instruction Models

Questions

- **What does “curriculum” mean to you?**
- **If teachers already have content standards, what does a curriculum model actually do for them?**
- **Reflect on your own experience with physical education.**
- **Did your teachers use a curriculum model?**

Objectives

- **Explore the various curriculum models available.**
- **Compare and contrast the curriculum models to identify potential strengths and limitations.**
- **Identify curriculum models that might be more effective in specific contexts (e.g., elementary versus secondary).**

What Is a Curriculum Model?

- A curriculum is a course of study.
- Organizes and frames content.
- Models based on a “value orientation”—what “should” be part of physical education.
- Creates a road map to help guide teachers and students.
- Provides direction and context.
  - Example: conceptual physical education and Teaching Personal and Social Responsibility will view fitness testing as very different opportunities for students to engage and reflect on their own level of fitness.

Skill Themes Model

- **Movement education**
- **Skill themes that can be universally applied**
- **Introduction to and refinement of fundamental motor skills**
  - **Locomotor**
  - **Nonlocomotor**
  - **Manipulative**
- **Typically seen in early childhood or elementary physical education**

Health-Optimizing Physical Education Model

- **School-based physical education and activity as a way to improve physical and mental health**
- **Increase health-enhancing physical activity levels**
  - **Within AND beyond physical education at school**
- **Ecological approach**
  - **Individual, community, policy**

Conceptual Physical Education Model

- **Promotes lifelong physical activity and healthy lifestyles**
- **Principles and strategies to be an informed consumer**
  - **Healthy food**
  - **Self-selected and managed physical activity**
  - **Goal-setting and self-monitoring**
- **Might help promote increased activity and reduced sedentary behaviors**

Teaching Personal and Social Responsibility Model

- **Helps youth develop coping skills and empathy for others**
- **Emphasizes prosocial behaviors during physical education: self-control, respect, leadership, cooperation**
- **Used in conjunction with other physical education models/physical activity promotion approaches**
- **Fosters responsibility through physical activity**

Sport Education Model

- **Based on the notion that competition can be effective, fun, and educational…if done well**
- **Based around sport seasons**
  - **Longer than traditional units**
  - **More in-depth approach to sport participation**
  - **Playing and nonplaying roles**
- **Student-centered, teacher facilitated**

Games-Based Approach Model

- **Based on the notion that games are opportunities for problem-solving technical and tactical challenges**
- **Creates greater awareness of all aspects of games (what to do and when, depending on the game situation)**
- **Small-sided games to create conditions to identify and practice particular skills, which transfer to the “real” game**

Adventure Education Model

- **Develop skills in safe yet challenging outdoor environments**
- **Enhance problem-solving and self-concept**
  - **Overcome fear in a controlled setting**
  - **Challenge by choice**
- **Typically consists of outdoor activities to foster appreciation of natural world (e.g., rock climbing, hiking, ropes courses, rafting)**

Multiactivity (Eclectic) Model

- Remains the most prevalent model
- Short units to provide broad exposure to many activities
- Structured lessons to develop and then apply skills
- Individual practice followed by small-sided game
- Common in elementary and some secondary schools
- Skill competence versus skill mastery

Activity

- **Discuss how using a curriculum model can make things easier for the teacher. Does a curriculum model limit what they can do?**
- **Are certain curriculum models better suited for elementary versus secondary school students? Why?**
- **If you were to develop a curriculum model that combined the previous examples, which two would you choose and why?**

Summary

- **Value orientation frames what and how lessons are developed and organized.**
- **Different curriculum models provide various paths toward active living.**
- **Tasks/Assignments:**
- **Next Class:**